

SEP 2021

The Dinner  
Table Project

# Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

## DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®— These help young people grow up healthy, caring, and responsible. When youth have more assets they are more likely to thrive now and in the future.



### INTEGRITY

YOUR TEEN STANDS UP FOR THEIR BELIEFS

### FAMILY SUPPORT

YOUR TEEN GETS SUPPORT FROM THEIR LOVED ONES

### RESTRAINT

YOUR TEEN UNDERSTANDS RISKS AND KNOWS HOW TO AVOID THEM

## THINGS TO AVOID SAYING TO YOUR TEEN "YOU DON'T FEEL THAT WAY"

IT IS OKAY TO NOT AGREE WITH THE WAY SOMEONE IS FEELING, BUT IT IS NOT OKAY TO TELL SOMEONE THAT THEIR FEELINGS ARE WRONG. TEENS LOOK TO THEIR CAREGIVERS TO SUPPORT THEIR FEELINGS AND HELP THEM TO FEEL BETTER.

# SEPTEMBER 10TH IS WORLD SUICIDE PREVENTION DAY

NATIONAL  
**SUICIDE  
PREVENTION  
LIFELINE**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

SAVE  
THIS  
NUMBER  
ON YOUR  
PHONE!!

SOME SIGNS THAT SOMEONE IS EXPERIENCING SUICIDAL THOUGHTS ARE

- TALKING ABOUT WANTING TO DIE
- TALKING ABOUT FEELING HOPELESS
- TALKING ABOUT BEING A BURDEN TO OTHERS
- INCREASING THE USE OF ALCOHOL OR DRUGS
- SLEEPING TOO LITTLE OR TOO MUCH
- WITHDRAWING OR ISOLATING THEMSELVES

## KIP DATA

Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2018 Survey.

**83.2%** OF KY 10TH GRADERS HAVE NOT DRANK ALCOHOL IN THE PAST 30 DAYS.

### WHY THIS STATISTIC MATTERS:

MANY TEENS THINK THAT SUBSTANCE USE IS A LOT MORE COMMON AMONG THEIR PEERS THAN IT ACTUALLY IS. THE "EVERYONE IS DOING IT" MINDSET CAN MAKE IT DIFFICULT FOR TEENS TO SAY NO IN MOMENTS OF PEER PRESSURE. KNOWING THAT MOST TEENS THEIR AGE AREN'T USING SUBSTANCES CAN HELP EASE THAT PRESSURE.

## TATER TOT CASSEROLE

### INGREDIENTS

- 1 lb lean ground beef
- 1/2 onion , diced
- 2 cloves garlic , minced
- 1 tbsp Worcestershire sauce
- 15 oz can green beans , drained
- 10.75 oz can condensed cream of mushroom soup
- 2 cups shredded cheddar cheese
- 2 cups frozen tater tots
- salt and pepper to taste

### DIRECTIONS

1. Preheat oven to 375F.
2. Brown the ground beef in a large skillet over medium-high heat. Drain excess fat.
3. Add the onions to the skillet and sauté for 4 to 5 minutes until translucent.
4. Add the garlic and cook, stirring frequently, for an additional minute.
5. Stir in Worcestershire sauce and season with salt and pepper to taste.
6. Transfer ground beef mixture to an 8 or 9 inch baking dish and spread evenly.
7. Top with cream of mushroom soup, followed by green beans, followed by the cheddar cheese. Make sure to season the green bean layer.
8. Finally, top with tater tots.
9. Bake for 35 to 40 minutes or until tater tots are golden brown and cheese is melted.

## CONVERSATION STARTERS

WHAT IS THE WEIRDEST FOOD COMBINATION YOU HAVE EVER EATEN? DID YOU LIKE IT?

WHAT HELPS YOU WHEN YOU ARE FEELING SAD OR ANXIOUS?

IF YOU HAD \$100 WHAT WOULD YOU SPEND IT ON RIGHT NOW?



[thedinnertableproject.org](http://thedinnertableproject.org)



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS